CLAIMS

1. A vehicle lamp comprising:

10

15

- a lamp body for holding therein a light source;
- a lens mounted on the front of said lamp body; and
 - a carbon-based heating element mounted within said lamp body, wherein heat rays radiated from said heating element irradiate a rear surface of said lens.
 - 2. A vehicle lamp according to claim 1, further comprising a glass tube for sealing therein said carbon-based heating element.
 - 3. A vehicle lamp according to claim 1, wherein said carbon-based heating element contains amorphous carbon and carbon powder dispersed in said amorphous carbon.
- 4. A vehicle lamp according to claim 3, wherein said carbon-based heating element further contains a metal or metalloid compound.